

**DECLARATION AND POWER OF ATTORNEY**

As a below named inventor, I hereby declare that:

My residence, post office address and citizenship are as stated below next to my name.

I believe I am

☐ the original, first and sole inventor

☒ an original, first and joint inventor

of the subject matter which is claimed and for which a patent is sought on the invention entitled **Aqueous Additive Systems for Polymeric Matrices**, the specification of which

☒ is attached hereto.

☐ was filed on \_\_\_\_\_ as

Application Serial No. \_\_\_\_\_

and amended on \_\_\_\_\_ (if applicable).

I hereby state that I have reviewed and understand the contents of the above identified specification, including the claims, as amended by any amendment referred to above.

I acknowledge the duty to disclose to the Patent and Trademark Office information known to me to be material to the patentability of this application in accordance with Title 37, Code of Federal Regulations, §1.56.

☐ I hereby claim foreign priority benefits under Title 35, United States Code, §119 of any foreign application(s) for patent or inventor's certificate listed below and have also identified any foreign application for patent or inventor's certificate having a filing date before that of the application on which priority is claimed:

Application No.	Country	Date of Filing (day, month, yr.)	Priority Claimed yes/no

[X] I hereby claim priority benefits under Title 35, United States Code, §119(e)(1) of any provisional application for patent listed below and have also identified below any provisional application for patent having a filing date before that of the application on which priority is claimed:

Provisional Appl. No.	Date of Filing (day, month, yr.)	Priority Claimed yes/no
60/123,035	04 March 1999	YES

[ ] I hereby claim the benefit under Title 35, United States Code, §120, of any United States application(s) listed below, and insofar as the subject matter of each of the claims of this application is not disclosed in the prior United States application in the manner provided by the first paragraph of Title 35, United States Code, §112, I acknowledge the duty to disclose to the Patent and Trademark Office information known to be material to patentability of this application, as defined in Title 37, Code of Federal Regulations, §1.56, which became available between the filing date of the prior application and the national or PCT international filing date of this application:

Application Serial No.	Date of Filing (day, month, yr.)	Status - Patented, Pending, Abandoned

I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code and that such willful false statements may jeopardize the validity of the application or any patent issued thereon.

I hereby appoint the following attorneys and agents to prosecute this application and to transact all business in the Patent and Trademark Office connected therewith:

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 135. *Chlorophyll ee* (Chl *ee*)  
 136. *Chlorophyll ef* (Chl *ef*)  
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February 25, 1999

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1. Each of the four groups of students was given a set of four questions to answer. The questions were designed to test the students' understanding of the concepts of the four groups. The questions were as follows:

**Abstract** The purpose of this study was to determine the effect of a 12-week, 3 times per week, 100-min resistance training program on the muscle strength and endurance of 10 sedentary, middle-aged men. The subjects were randomly assigned to either a control or an exercise group. The control group was instructed to continue with their sedentary lifestyle, while the exercise group performed a resistance training program consisting of 3 sets of 10 repetitions of 10 different exercises. The exercises were performed using a resistance band. The subjects were tested at baseline and at 12 weeks. The results showed that the exercise group had significantly greater increases in muscle strength and endurance compared to the control group. The increases in muscle strength and endurance were measured using a hand dynamometer and a 10-min step test, respectively. The results of this study suggest that a 12-week, 3 times per week, 100-min resistance training program can effectively improve muscle strength and endurance in sedentary, middle-aged men.

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March 17, 1999

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